

FIGHT THE BITE!



JOIN THE "SWAT TEAM" AGAINST WEST NILE VIRUS

Defend Yourself Against Mosquitoes:

DRAIN standing water around the house weekly since it's where mosquitoes lay eggs, including: tires, cans, flowerpots, clogged rain gutters, rain barrels, toys and puddles.

DUSK & DAWN are when mosquitoes that carry the virus are most active., so limit outdoor activities or take precautions to prevent mosquito bites.

DEET is an effective ingredient to look for in insect repellents. Always follow label instructions carefully.

DRESS in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active.

West Nile Virus disease is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately.

Combata la Picadura:

Desague agua estancada alrededor de la casa (en llantas, cubos de basura, macetas, canalones y charcos) pues ahí ponen huevos los mosquitos. Corte la hierba y arbustos y no riegue demasiado.

AL ATARDECER y AMANECER están más activos los mosquitos que portan el virus. Evite actividades afuera o tenga precauciones para prevenir picaduras.

"DEET" es un ingrediente que deben tener los repelentes de insectos para que sean efectivos. Siga las instrucciones.

VISTASE con camisas de manga larga y pantalones cuando esté afuera en la tarde o al amanecer o donde haya muchos mosquitos.

La enfermedad del virus del Nilo Occidental es muy rara, pero si usted tiene los siguiente sintomas como dolor de cuello, fiebre alta y fuerte dolor de cabeza, contacte inmediatamente a su proveedor de servicios

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PROPERTY MAINTENANCE CHECKLIST

West Nile virus is a disease that can be transmitted to humans by mosquitoes. The virus is carried long distances by infected birds and then spread locally by mosquitoes that bite these birds. Drought conditions may make it worse since birds and mosquitoes will share the same few watering holes. Mosquitoes need still water to lay their eggs, which develop in 7 to 10 days. If we can eliminate standing water weekly we can keep many mosquitoes from breeding in the first place.

It is very rare to catch the virus, and most infected people will not even get sick or will only experience mild flu-like symptoms. However, West Nile virus can be fatal especially to people over 50 years of age. So protect yourself from mosquito bites before doing any outdoor maintenance. Visit www.fightthebitecolorado.com for more information.

Animals	Eliminate mosquito breeding areas from livestock pens. Keep fresh water in troughs or use dunks, which are safe for animals.	Pipefittings	Unused pipes should be kept inside or turned over so that no water accumulates.
Birdbaths	Clean or hose out birdbaths weekly.	Playgrounds	Drill drainage holes in tire swings and playground equipment that holds water.
BTI	A natural bacteria that kills mosquito and fly larvae yet is non-toxic to animals when used properly. Kills larvae developing in water. (See dunks below.)	Ponds	Stock with mosquito eating fish. Use mosquito dunks or BTI in ponds and larger bodies of water. Follow instructions for safe use.
Chainlink fence	Cover chainlink fence posts with metal or plastic caps since they are hollow pipes	Potted plants	Do not overwater plants. Empty saucers weekly or flush with garden hose. Drill small drainage holes in outdoor saucers.
Clothing	Wear long sleeved shirts and long pants when working around mosquito infested areas.	Pools/Spas	Maintained pools and whirlpool spas are not a hazard since pool chemicals and filters kill any larvae. Use dunks in deserted pools and spas.
Containers	Cover containers or turn upside down so that they do not hold water including: ashtrays, boxes, buckets, cans, cups, pots and trash.	Rainbarrels	Cover tightly with screening.
Dawn/Dusk	The times of day that biting mosquitoes are most active since they avoid the heat of day.	Raingutters	Keep gutters clear of debris, which can become breeding areas of standing water.
Dead birds	Pick up dead birds with a shovel or gloves. Double bag in plastic and dispose in trash. Dead birds should not be handled directly in order to avoid exposure to the virus. Wash your hands thoroughly afterwards.	Sculpture	Lawn ornaments should be checked for areas that hold water, and drained or flushed weekly.
DEET	The active ingredient in insect repellent.	Screens	Install and maintain tight-fitting window and door screens.
Drains	Keep outdoor drains flowing freely.	Shrubby	Trim and thin shrubs and bushy plants since they can be mosquito hiding areas.
Dripping water	Fix leaks around faucets, air conditioner units and hoses.	Streams	Keep water flowing freely. Remove clumps of vegetation and weeds that might cause stagnant pools of water.
Dumpsters	Keep dumpsters covered, and remove any water inside and under dumpster.	Tool sheds	Keep shed roofs maintained and eliminate water around foundation.
Dunks	Dunks are donut-shaped pellets that kill mosquito larvae but are non-toxic to animals. They dissolve slowly in water. Available in hardware and garden stores. (See BTI above.)	Tires	Properly dispose of old tires. Drill drainage holes in tires used in retaining walls and in landscaping.
Flat roofs	Inspect weekly to remove any puddles. Fix leaks from air conditioners and pipes. Keep rain gutters clear of debris and flowing freely.	Trash cans	Keep trash cans covered and clean weekly. Remove buckets and containers from around trash areas.
Irrigation	Do not overwater. Eliminate any areas of excess standing water weekly.	Trees	Eliminate water from dead tree stumps and hollow areas of live trees. Fill cavities with sand and flush weekly with a hose.
Landscaping	Remove plastic sheeting under bark or rock and replace with landscape fabric that prevents weeds yet allows water through.	Trash	Remove anything that can hold water including cans, cups, tin foil, plastic, paper since mosquito larvae can grow.
Lighting	Check garden lights and eliminate water from tops of fixtures and from inside floodlights.	Umbrellas	Table umbrella bases often are filled with water. Cap tightly, seal with duct tape or fill with sand and cover tightly.
Loading docks	Keep loading docks clear of containers or boxes that can hold water. Remove old tires.	Weeds	Remove weeds, especially around areas close to water.
Machinery	Eliminate standing water and clear drains. Examine machinery and clean any areas that hold water (by byrd at testsforge).	Wheelbarrows	Store wheelbarrows vertically or turned over to prevent water accumulation.

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HOME AND GARDEN MAINTENANCE CHECKLIST

West Nile virus is a disease that can be transmitted to humans by mosquitoes. The virus is carried long distances by infected birds and then spread locally by mosquitoes that bite these birds. Drought conditions may make it worse since birds and mosquitoes will share the same few watering holes, even in backyards. Mosquitoes need still water to lay their eggs, which develop in 7 to 10 days. Eliminate standing water weekly to keep many mosquitoes from breeding in the first place.

It is very rare to catch the virus, and most infected people will not even get sick or will only experience mild flu-like symptoms. However, West Nile virus can be fatal especially to people over 50 years of age. So protect yourself from mosquito bites before doing any outdoor maintenance and while enjoying outdoor activities. Visit www.fightthebitecolorado.com for more information.

Animals	Dogs and cats can become infected, but rarely become ill and do not spread the virus. Keep animal areas dry. Keep food and water bowls clean. A vaccine is available for horses.	Lawn ornaments	Should be checked for areas that hold water, and drained or flushed weekly.
Birdbaths	Clean or hose out birdbaths weekly.	Lighting	Check garden lights and eliminate water from tops of fixtures and from inside floodlights.
BTI	A natural bacteria that kills mosquito and fly larvae yet is non-toxic to animals when used properly. Kills larvae developing in water. (See dunks below.)	Playgrounds	Drill drainage holes in tire swings and playground equipment that holds water.
Building material	Unused pipe should be kept inside or turned over so that no water accumulates.	Ponds	Stock with mosquito eating fish. Use mosquito dunks or BTI in ponds and larger bodies of water. Follow instructions for safe use.
Chainlink fence	Cover chainlink fence posts with metal or plastic caps since they are hollow pipes	Potted plants	Do not overwater plants. Empty saucers weekly or flush with garden hose. Drill small drainage holes in outdoor saucers.
Clothing	Wear long sleeved shirts and long pants when working around mosquito infested areas.	Pools/Spas	Maintained pools and whirlpool spas are not a hazard since pool chemicals and filters kill any larvae. Use dunks in deserted pools and spas.
Containers	Cover containers or turn upside down so that they do not hold water including: ashtrays, boxes, buckets, cans, cups, jars and pots.	Rainbarrels	Cover tightly with screening.
Dawn/Dusk	The times of day that biting mosquitoes are most active since they avoid the heat of day.	Raingutters	Keep gutters clear of debris. They can become breeding areas with standing water.
Dead birds	Pick up dead birds with a shovel or gloves. Double bag in plastic and dispose in trash. Dead birds should not be handled directly in order to avoid exposure to the virus. Wash your hands thoroughly afterwards.	Recycling bins	Cut top and bottom from tin cans and flatten. Invert glass jars. Crush soft drink bottles and cans. Store newspapers on end, not flat. Drill drainage holes in bottom of recycling bin.
DEET	The active ingredient in insect repellent. A 10% concentration is recommended for kids.	Screens	Install and maintain tight-fitting window and door screens.
Drains	Keep outdoor drains flowing freely.	Shrubby	Trim and thin shrubs and bushy plants since they can be mosquito hiding areas.
Dripping water	Fix leaky faucets, air conditioners and hoses.	Tool sheds	Keep shed roofs maintained and eliminate water around foundation.
Drought	Drought conditions may help spread the virus since birds and mosquitoes share the same few water sources, even in yards.	Tires	Properly dispose of old tires. Drill drainage holes in tires used in retaining walls and in landscaping.
Dumpsters	Keep dumpsters covered, and remove any water inside and under dumpster.	Trash cans	Keep trash cans covered. Remove buckets and containers from around trash areas.
Dunks	Dunks are donut-sized pellets that kill mosquito larvae but are non-toxic to animals. They dissolve slowly in water. Available at hardware and garden stores. (See BTI above.)	Trees	Eliminate water from dead tree stumps and hollow areas of live trees. Fill cavities with sand and flush weekly with a hose.
Flat roofs	Inspect weekly to remove any puddles. Fix leaks from air conditioners and pipes. Keep rain gutters clear of debris and flowing freely.	Trash	Remove anything that can hold water including cans, cups, tin foil, plastic and paper since mosquito larvae can grow.
Irrigation	Do not overwater. Eliminate any areas of excess standing water weekly.	Umbrellas	Table umbrella and basketball bases often are filled with water. Cap tightly, seal with duct tape or fill with sand and cover tightly.
Landscaping	Remove plastic sheeting under bark or rock and replace with landscape fabric that prevents weeds yet allows water through.	Weeds	Remove weeds, especially around areas close to water (by bird at testsforge).
		Wheelbarrows	Store wheelbarrows vertically or turned over to prevent water accumulation.